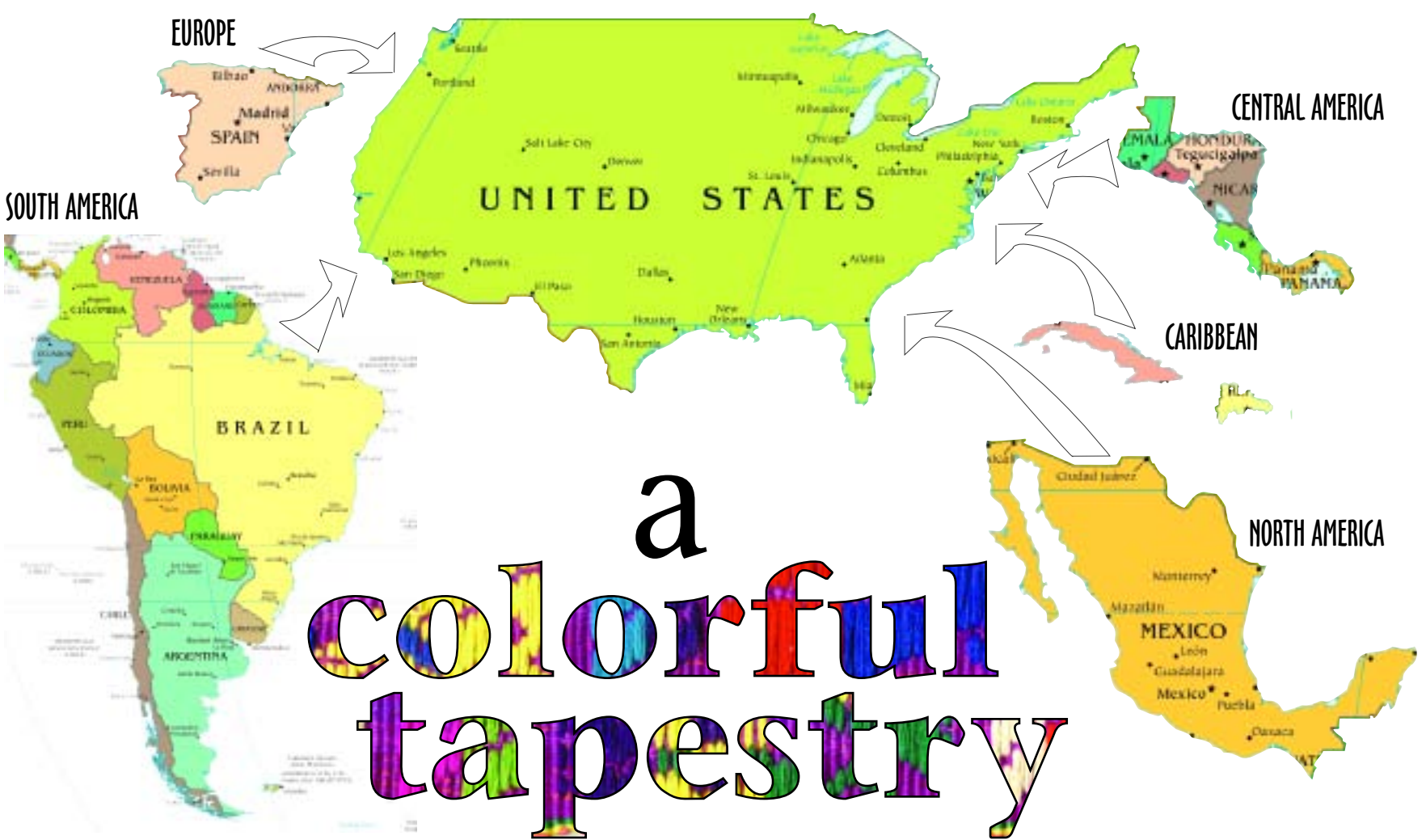
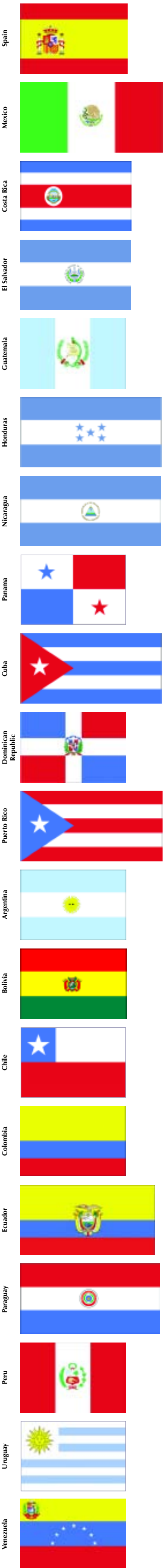


Hawaii MARINE LIFESTYLES

HAWAII MARINE B SECTION

SEPTEMBER 16, 2005



Hispanic Americans are colorful threads that strengthen the American fabric

Lt. Cmdr. Alfredo E. Baker
Marine Aircraft Group 24

Hispanic Heritage Month recognizes the rich history, cultural traditions and the many contributions that Hispanic Americans have contributed to the greatness of our nation. The theme of this year's celebration, which runs from Sept. 15 through Oct. 15, is "Hispanic Americans: Strong and Colorful Threads in the American Fabric."

National Hispanic Heritage Month evolved into a week-long celebration from a Congressional declaration back in Sept. 17, 1968, that began Sept. 10 and ended Sept. 16. The week commemorated the anniversary for seven Latin American countries: Honduras, Guatemala, El Salvador, Nicaragua, Costa Rica, Mexico and Chile.

Twenty years later, on Aug. 17, 1988, President Ronald Reagan authorized the celebration to be expanded to one month from Sept. 15 to Oct. 15, which now includes Oct. 12 to recognize the first immigration of Hispanic ancestors from the Eastern Hemisphere — Europe, Africa and Asia — to the Americas.

Hispanic is not racial identification, a nationality, or just one culture. Instead, Hispanics are greatly diverse people with Spanish and Latin American cultural and linguistic origins, regardless of race or color. This diversity is accentuated with European, Native American, African, Asian or Middle Eastern descent, or any combination of these five. Hispanics can have cultural ties to Mexico, the Caribbean countries, Central America, South

America and Spain. The Hispanic heritage of America goes back in time to the earliest European presence on the North American continent after the arrival of Christopher Columbus on Oct. 12, 1492. And contrary to common belief, the first settlement in the United States was of a Spanish origin.

This began in 1513 with Ponce de Leon's landing in the vicinity of what is known today as Cape Canaveral, Fla. Consequently, Hispanics settled in numerous areas in North America: between coastal Georgia and South Carolina; at Pensacola Bay near present-day Gulf Islands National Seashore; and at what is known today as Saint Augustine, Fla.

There were also great explorations of what we know today as Florida, Georgia, the Carolinas, Tennessee, Alabama, Mississippi, Louisiana, Arkansas, Texas, New Mexico, Oklahoma, Kansas and Mexico.

Another Hispanic with a special place in the history of the United States, is General Bernardo de Galvez.

While a governor of the Louisiana Territory, Galvez provided money and supplies to the army of General George Washington and General George Rogers Clarke. In 1779, after Spain officially entered the war on the side of the Americans, General Galvez raised an army of Spanish and Cuban soldiers, Choctaw Indians and former black slaves to attack and overrun British strongholds.

Furthermore, General Galvez captured Pensacola, the capital of a British colony of West Florida. This

battle has been described by one American historian as "a decisive factor in the outcome of the Revolution and one of the most brilliantly executed battles of war." Many considered a heavy blow to the fighting morale of the British Army, just five months prior to the last battle of the war at Yorktown.

Another Hispanic gentlemen of note is David Glasgow Farragut, who later became the first admiral of the U.S. Navy.

David Farragut participated in his first naval experience at the tender age of 11 under the care of Commodore David Porter.

Later, during the Civil War, David Farragut fought on the side of the Union and played a decisive role in the final outcome of the Civil War. Farragut won fame as a Union hero, when, in 1862, he forced New Orleans to surrender to the Union. This victory as well as his performance during the battles of Port Hudson and Vicksburg, earned him Abraham Lincoln's praises and a promotion to rear admiral, a rank never before used in the Navy.

In 1864, during the Battle of Mobile Bay, one of Farragut's lead ships struck a mine and sank. This caused confusion and hesitation among the Union Sailors, and it was then that he shouted the order that made him famous, "Damn the torpedoes! Full speed ahead!" Shortly after, he was appointed vice admiral and given a hero's welcome in New York City. After the war, in 1866, the Congress decided to create the title of Admiral of the Navy, to honor Farragut.

On Aug. 14, 1870, Admiral

Farragut died in Portsmouth, N.H., after almost 60 years of service to America. Today, you can visit a statue in his honor at Farragut Square, Washington.

During World War II, more than 400,000 Hispanics served in the U.S. armed forces. In World War II, as well as in Korean and Vietnam, Hispanics continued to excel and several earned the Congressional Medal of Honor — totaling 42 awards, which is disproportionate to their numerical representation in the civilian population in the United States. Hispanics have served this country valiantly and with distinction in every single war our country has been involved — from the Revolutionary War to today's Global War on Terrorism in Afghanistan and Iraq.

As President Bush said in his 2001 National Hispanic Heritage Month Proclamation — Hispanics "contribute to every walk of contemporary American life, while simultaneously preserving the unique customs and traditions of their ancestors. All Americans, regardless of national origin, celebrate the vibrant Hispanic American spirit that influences our Nation's art, music, food, and faiths.

"We also celebrate the practices of commitment to family, love of country, and respect for others — virtues that transcend ethnicity, reflect the American spirit, and are nobly exemplified in the Hispanic American community."

This month celebrates the diversity and contributions of Hispanic Americans as strong and colorful threads in the American fabric.

Prominent Hispanics

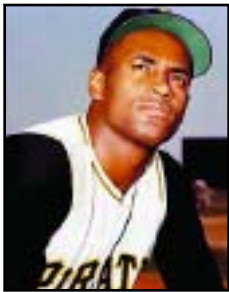
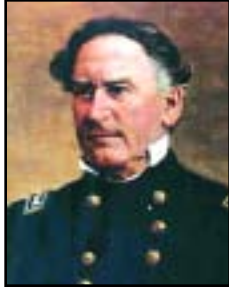
As a doctoral student at Stanford, and later as a researcher at Sandia National Laboratories and NASA Ames Research Center, Dr. Ellen Ochoa investigated optical systems for performing information processing. She is a co-inventor on three patents for an optical inspection system, an optical object recognition method, and a method for noise removal in images. She also served as chief of the Intelligent Systems Technology Branch at Ames, where she headed the research and development of computational systems for aerospace missions.



Cuban born physician and microbiologist, Dr. Carlos Juan Finlay was educated in Europe and the United States. He worked with the U.S. Yellow Fever Commission in and in 1881, determined that yellow fever was transmitted by a specific species of mosquito. Finlay prescribed a program of fumigation, water drainage and other preventive measures to eradicate the disease. The implementation of his prescribed preventative measures helped make possible the construction of the Panama Canal, as the workers prior to the implementation of the program, suffered from yellow fever.



America's first rear admiral, first vice admiral and first admiral, David Farragut, was born of Hispanic heritage. Wounded in the War of 1812 at age 13, he commanded the West Gulf Blockade Squadron through most of the Civil War. The city of New Orleans surrendered to him, closing the southern half of the Mississippi. He is credited with making the famous statement, "Damn the torpedoes, full speed ahead!" when encountering mines — called torpedoes at the time — during the Battle of Mobile Bay.



Roberto Clemente, a great athlete and a humanitarian, excelled in track and field, though his love was baseball. Clemente was the National League Batting Champion four times, was awarded 12 Gold Gloves, selected National League Most Valuable Player in 1966, and was chosen as the MVP in the 1971 World Series. On Dec. 31, 1972, Clemente lost his life in a plane crash when he insisted upon seeing through the delivery of humanitarian supplies to the earthquake-stricken victims in Nicaragua.



Sammy Davis Jr. was a legend in his own time and one of showbiz's all-time greats. Dubbed "Mr. Entertainment," he performed and made headlines all over the world for a period of 60 years. As a founding member of the famous Rat Pack, with the likes of Frank Sinatra and Dean Martin, he oftentimes easily broke down racial barriers. Davis acted, danced and sang his way across the silver screen and Broadway numerous times before his death in 1990.



Born to two parents from Puerto Rico, Jennifer Lopez is currently the highest paid Latina in Hollywood, earning a record \$15 million for her performance in the 2005 movie, "Monster-in-Law." Lopez has made countless headlines as an actress, singer, dancer, and most recently, a fashion designer. According to Fortune magazine last year, she is also one of the wealthiest entertainers under the age of 40; worth about \$255 million.

Expo to showcase travel, activity options

Island Activity and Travel Expo will highlight enjoyable leisure options

Yibeli Galindo-Baird

Marine Corps Community Services Marketing



The Island Activity and Travel Expo can help you to better plan out your leisure time, especially if you think you've already exhausted all worthwhile entertainment options.

Time off — it's the age-old conundrum. We all crave it, but when we get it, we don't know what to do with it. Here in Hawaii, it might seem impossible for such a problem to exist, but for those who think they have done everything, it's common. So what to do with the "what-todos?" Here's a solution that will give you something to do Sept. 24 and help you plan out your time from then on. Visit the Island Activity and Travel Expo. This annual event takes place from 10 a.m. to 1 p.m. at Marine Corps Base Hawaii, Kaneohe Bay's, Mokapu Mall courtyard and is the perfect venue for friends and family to start making plans for the upcoming holiday season. "In past years, we have seen close to 200 people drop by," said Christopher Sereno, Information, Tickets and Tours general manager and this event's organizer. "It is a community event in which we bring off-site vendors to the base to answer

questions, offer information, and have a nice midday and afternoon activity in which you have a real possibility of winning a giveaway." Among the 15 plus vendors eager and willing to provide information about the service they offer are the Ala Moana Hotel, the Hale Koa Hotel, the Waikiki Aquarium and the Polynesian Cultural Center whose dancers will perform a "Polynesian Revue" from noon until 1 p.m. Preceding the headliners will be the varied performances by the talented dancers of the Dance Academy.

This multi-age group will inspire your young ones to consider joining this academy or explore other similar extracurricular activities. The Dance Academy performers will take the stage from 10:30 to 11:30 a.m. Each expo participant will have verbal and take-home information about many of the most popular Oahu activities, along with accommodation options for couples looking for a romantic getaway or families looking for a fun-filled escapade. To encourage visitors to drop by each booth and learn about the multitude

of alternatives, ITT will offer giveaways throughout the event. To qualify for a prize, simply pick up an entry form at the expo and get 10 exhibitors to stamp it. Once completed, place the form in the entry box and keep your ears open throughout the event for your name to be called. There are numerous prizes, so the odds are pretty high that drawing participants may walk away winners. Keep in mind that only one entry form is allowed per family and entrants must be present to win. At the close of the event, a grand prize will be given, so be sure to stick around to the end. One of the advantages of the expo's location is its convenient distance from the other Mokapu Mall businesses. Between performances or chats with the exhibitors, grab a bite to eat at any of the fast-food restaurants available at the Food Court. You can even eat outside on the lanai so you won't miss your name being called for the prize giveaways. If you have a hard time picturing yourself at any of the island activities, maybe seeing others on location will spark your interest. To accomplish this, drop by Mega Video and take advantage of their blowout sale of previously viewed VHS tapes. Special titles will be available for those looking to purchase movies for their trips or to stock up until their next island vacation comes around.

Of course, DVDs for sale and rent will also be available at their unbeatable rates. For more information about Mega Video, call 254-7560. And in preparation for the escape that you will most likely book as a result of your attendance to the expo, you will most likely need new clothes, brand new luggage and plenty of toiletries. Lucky for you, the anchor business around which Mokapu Mall revolves is the Marine Corps Exchange. In it, you will find goods to meet not only travel-related needs, but also everyday supplies for home, office and more. Take advantage of the rotating sales that make the Exchange's already competitive pricing even lower. During the same weekend, shop for luggage and other travel gear at the Camping Comforts Sale; buy booties, washcloths and "onesies" during the sale in the baby department; check out the Latin-flaired items that make up the Hispanic Heritage Sale; and indulge in some fragrance sampling during the Fashion Scents Sale. For details on the sale, call 254-3890. Thanks to the Island Activity and Travel Expo at Mokapu Mall, at the very least, you will have one very busy day full of vacation alternatives, inspiring entertainment, cost-saving sales and time well spent. For more information, call 254-7563.

MARINE CORPS COMMUNITY SERVICES

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Possibilities in Paradise

Kahuna's Bar & Grill 254-7660/7661

Latin Night — "Ven a bailar a Kahuna's." Come to dance at Kahuna's, that is. Yes, you'll really get infused with the Latin groove tonight thanks to the rhythmic renditions of El Conjunto Tropical. This band plays merengue, bachata, cumbia, salsa, and other tropical sounds sure to make your hips start shaking no matter how hard you try to resist. It all begins at 10 p.m.

Football at Kahuna's — Watch the first Sunday game of the season on the club's huge plasma TV screen and enjoy DirecTV NFL Sunday Ticket. Kahuna's is now open on Sundays from 7 a.m. to 3 p.m. Enjoy breakfast, pupus or entrée selections. Play National Trivia Network's QB1, and try to guess the next play. Bring your friends and foes for a day of gracious rivalry.

Monday Night Football — Get ready to cheer on your favorite team at Kahuna's Monday Night Football. Starting at 6 p.m., enjoy a special menu. National Trivia Network's QB1 will also be available for those of you who are psychic enough to call the next play.

Staff NCO Club 254-5481

NCO Appreciation Night at the Staff NCO Club — Although it may sometimes seem like you can't work with them, let them know tonight that you sure wouldn't want to be without them. NCO Appreciation Night is the ideal opportunity to take those special co-workers to the Staff NCO Club from 4:30 to 6:30 p.m. for some great chow and refreshments. Uniform of the day is required. Call the club at 254-5481 for more information.

Football at the Staff NCO Club's Rocker Room — If you are craving a little football action on a screen larger than the one you have at home, come out to the Rocker Room to watch the Indianapolis Colts take on the Baltimore Ravens this Sunday. While the club will not be open for business, food from the Fairways Sports Grill can be brought over to the Rocker Room.

Monday Night Football at the Rocker Room — This is the place to be to get into the football state of mind. Bring your fellow Staff NCOs to watch the Washington Redskins play against the Dallas Cowboys. Special menus will be available at the Rocker Room with half-price specials for members from 6 to 8:30 p.m. or the end of the halftime. Sticky man races will also be held, and you can try to become the King

or Queen of the Quarter for the opportunity to sit in the best seat of the house for a whole quarter — a plush recliner. Ask the staff for details. Sorry, a remote does not come with the recliner.

All Hands

Key Volunteer Basic and Refresher Training at Camp Smith — Key Volunteers serve as liaisons between the command and family members during deployments. They can provide information on available programs and services that can make life easier for everyone, while an active duty spouse is away. This training session will take place at the Sunset Lanai from 8:30 a.m. to 4:30 p.m., Friday. For more information, call 257-2410.

New Exhibits at the Base Library — This month the Base Library kicks off its new exhibit titled "Bonfire of the Liberties," which will run through the end of this month. It presents a consideration of the history of efforts to censor the humanities from Plato to the present. The exhibit highlights U.S. constitutional and legal guarantees of intellectual freedom, and includes examples from children's literature, religious writings, American and world literature, and the history of ideas. This is one of a series of interpretive exhibit provided by the Hawaii Committee for the Humanities. Also, in honor of Hispanic Heritage Month, the library will also be displaying information on the accomplishments and works of famous Hispanics, past and present. The latter exhibit will run through Oct. 15. For more details, call 254-7624.

Dog wash — Your dog will actually love you for it — after it's over. Come to Fort Shafter, Saturday, where the veterinary technicians of the MCB Hawaii Veterinary Treatment Facility in conjunction with the Fort Shafter clinic staff will soap your best friend, large or small, and make him or her really feel the meaning of clean.

The event will take place at Building 435 on Pierce Road, past the PX, from 8 a.m. to 1 p.m. Thanks to the staff's professional pet knowledge, you can be assured your dog

will be a pampered pooch and may even ask you for a repeat bath. For more info, call 257-3643.

Piñata Party at the Base Library — Bring your little ones to a special Saturday Storytime featuring a Piñata Party. Learn a little about Hispanic culture from members of this community who live or work on base. Then get ready to dive into books that feature Hispanic heritage themes and cultural stories from our amigos south of the border. Crafts, games and food will also be available for the enjoyment of children and parents alike, making this a true celebration your entire "familia" will enjoy. The reading begins at 1 p.m. For more information, call 254-7624.

Transition Assistance Program — Service members who are getting out of the military within six months are required to attend TAP, and their spouses are highly encouraged to attend. The next session of TAP will be held in Building 279 from 8 a.m. to 4 p.m., Monday through Thursday. For more details, call 257-7790.

Marriage Skills Workshop — If marriage is in your plans, don't miss the Marriage Skills Workshop offered by the Counseling Services department of Marine and Family Services, Wednesday and Thursday. Through this workshop, participants will learn more about becoming a successful family, couples communication, budgeting and finances, and resources available. The first day's session, to be held Wednesday, runs from 8 a.m. to 3 p.m., and the second session, on Thursday, runs from 8 a.m. to 12 p.m. Both sessions will take place in Building 216. For more information, or to register, call 257-7780 or 257-7781.

Sponsorship Training — This class, to be held Thursday, is mandatory for all personnel assigned as sponsors for inbound service members. It provides a complete outline of sponsor's duties. For more information, call the Relocation Assistance Program at 257-7790.

Ongoing

Storytime — Bring your little

ones to the Base Library, Thursdays from 10 to 11 a.m., to take part in the weekly reading of books for children of all ages. This is a great opportunity for home-schooled children, those who are not in school yet, or for parents who just want to get the children, and themselves, out of the house to have a regular event to attend in which everyone can be educated and entertained. Children must be accompanied by an adult during the activities at the Base Library. For more information, call 254-7624.

Camp H.M. Smith Library Relocation — If you are looking for your favorite reads at Camp Smith, be sure to find the elevators or staircase first. The Camp Smith Library is relocating to the second deck of the Marine Forces Pacific building. The move has been extended until Sept. 23. For more information, call 254-7624.

Tour of the Island — For those new to Hawaii and Oahu, this is your perfect opportunity to leave the driving to someone else and be a sightseer once again. Take a narrated tour of Oahu, the second Friday of every month, and see the most popular points of interest. This free, daylong tour will take you around the island, beginning and ending at Personal Services, Building 216. Remember to bring lunch and sun protection. Space is limited and reservations are required. For reservations or more information, call 257-7790.

Guitar and Ukulele Lessons — If these string instruments have always fascinated you or your children, your chance to learn has finally arrived at Youth Activities. For \$98 a month, a student will receive two private lessons and two group workshops. Days, times, and minimum age requirements vary depending on the instrument of interest. Classes are ongoing. This is the perfect opportunity for your child to develop his or her love of music. Please note that students must provide their own instruments. For more information, call 254-7610.

College Course Registration Period — Come to the Joint Education Center to register for the

10-week, on-base college course that will run from Oct. 3 through Dec. 16. Tuition assistance is available for all programs including the new Coastline Community College Distance Learning Program, which supplies a personal digital assistant upon completion of two of its courses. For more information on this or any of the JEC programs, call 257-2158.

New Veterinary Hours — During the first Saturday of each month, the Veterinary Treatment Facility appointments will run from 8 a.m. to 1 p.m. Appointments must be scheduled at least two weeks in advance for the Saturday schedule. No sick-call services will be available. For more information about veterinary services, call 257-3643.

Wednesday Night Pool Tournaments — Are you a closet pool shark? If so, make Kahuna's Sports Bar & Grill your destination for pool tourneys every Wednesday evening. The games run from 7 to 11 p.m. and cost \$10. Tournaments are open to E-1 through E-5, DoD civilians and sponsored guests. For more information, call Kahuna's at 254-7660.

Designated Driver Awareness Program — According to the National Highway Safety Administration, in 2004 motor vehicle crashes were the leading cause of death for people 2 to 33. Don't be a statistic. Sign up for the Designated Driver Program at Kahuna's Sports Bar & Grill and enjoy free nonalcoholic drinks. For more information on the program, call Kahuna's Bar & Grill at 254-7660.

Modified Pool Hours at The Officers' Club — New pool hours are in effect at the O' Club as follows: Wednesdays through Fridays 1 to 5 p.m. and Saturdays and Sundays 11 a.m. to 5 p.m. The pool is closed on Mondays, Tuesdays and holidays, so plan accordingly. Limited poolside menu items can be ordered via the poolside phone for delivery to the pool. For more information on pool hours or poolside services and offerings, call The Officers' Club at 254-7650.

MOVIE TIME

Prices: Adults, 12 and older, \$3; children 6 to 11, \$1.50 and children 5 and younger, free. Matinee prices are \$2 for adults, \$1 for children. Parents must purchase tickets for R-rated movies in person at the box office for children 16-years-old and younger. Sunday evenings, the price is \$1 for all patrons. Show your ID card at the box office. Call 254-7642 for recorded information. **Sneak Preview Policy:** One hour and 45 minutes prior to the movie, tickets will be issued to first priority patrons waiting in line, then second and third priority patrons. In an effort to prevent piracy, the following security measures will be enforced on base for sneak preview screenings: bag checks, confiscation of cameras or cell phones with video or picture taking capability (items will be returned after screening), magnetometer wand, audience scanning with night vision goggles during screening. The Base Theater and film companies thank you in advance for your cooperation and hope you will enjoy the show. For more information, contact the Base Theater at 254-7641.

Stealth (PG-13)	Today at 7:15 p.m.
Wedding Crashers (R)	Today at 9:45 p.m.
Charlie and the Chocolate Factory (PG)	Saturday at 7:15 p.m.
Hustle & Flow (R)	Saturday at 9:45 p.m.
Stealth (PG-13)	Sunday at 2 p.m.
Wedding Crashers (R)	Sunday at 6:30 p.m.
Charlie and the Chocolate Factory (PG)	Wednesday at 6:30 p.m.
Sky High (PG)	Friday at 7:15 p.m.
Hustle & Flow (R)	Friday at 9:45 p.m.

Personality Features

Sports play key role in life, career

Sgt. Joseph A. Lee
Sports Editor

Early in the evening, after the sun has hidden behind the Koolaus, a basketball game is underway on Marine Corps Base Hawaii, Kaneohe Bay. The stakes are high — it's one-on-one. Winner takes all. The winner will walk away carefree and on top of the world, but the loser — the loser, will have to do the dishes.

Staff Sgt. Shama Hernandez and his wife Elaine firmly believe that sports is a key to living an enriched life, both for themselves, their two children, 4-year-old Ariana and 6-month-old Bishop, and the Marines of MCB Hawaii.

"I grew up in a small town where trouble is easy to find," said Hernandez. "As long as I have been able to involve myself with sports, there's no time to get into trouble."

Born in Clovis, N.M., and raised in Hereford, Texas, Hernandez has been a Marine for nine years and claims that he joined the Marine Corps to change his life for the better. Though he played football and baseball while at Hereford High School, once he got out into the "real world," the void that was left from high school sports was quickly filled with delinquency.

"My little sister joined the Marine Corps, and I saw that she had really done something with her life," said Hernandez. "We were both raised around the military, being as my dad was in the Army and is retiring shortly from the Navy reserves, but she was the first to travel down that road. It was clear to me that I had to change my life, so I joined too."

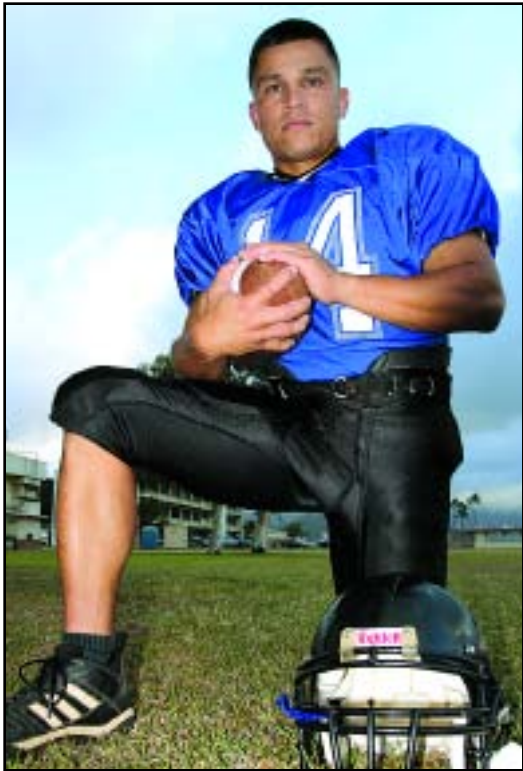
Hernandez was first stationed at Camp Pendleton, and immediately involved himself in any base sports programs he could. After returning from two Western Pacific deployments where he visited most of the eastern hemisphere, he was selected to go to recruiting duty in his hometown, as a corporal. While at home, Hernandez joined a softball team on a new all-Hispanic softball league.

"We played every year while I was on recruiting duty, and I really enjoyed being a part of my community again, even if it was just for a couple softball games."

After leaving recruiting duty in July of 2003, Hernandez came to MCB Hawaii. As the Headquarters Battalion working parties staff noncommissioned officer-in-charge, Hernandez has played softball, baseball and flag football for the past two years and is starting his third year of tackle football.

"I keep involved in sports for a number of reasons," said Hernandez, "primarily to be a good role model both for my kids and for the Marines. Sports can keep you out of trouble, and I know this from personal experience."

Involvement in sports is so important to Hernandez that he asks every Marine he comes into contact with if they are actively involved with something productive after work hours. If not, his recruiting



Sgt. Joseph A. Lee

Staff Sgt. Shama Hernandez, Headquarters Battalion, firmly believes that sports is a key to living an enriched life and can keep people out of trouble.

skills kick into high gear.

"Sports keep me healthy and competitive as well," said Hernandez. "I think all Marines have that need to be competitive at some level. If I run into them, I'm going to try and bring it out of them."

Looking for any opportunity to express his competitive nature, Hernandez takes leave every summer to play in the all-Hispanic softball league, and last year his team took first place at the tournament held in Abilene, Texas.

"I figure, as long as I can keep up with the young Marines, I'm doing just fine," said Hernandez, who has began training this year with hopes of making the All-Marine Baseball team in the spring. "All I have to do is survive through the football season, and I'm going to give all I have during the baseball season. It would be awesome to play for the All-Marine team, and right now, that's where my sights are set."

Though he may not win too many driveway basketball games against his wife, who is a regional basketball star, his children are witness to the spirit of competition every day, and that, according to Hernandez, is what his love for sports is all about.

Deployments are most memorable

Lance Cpl. Roger L. Nelson
Combat Correspondent

From backpacking through South America to working on aviation ordnance for the Navy, Petty Officer 2nd Class Joseph Federico, an aviation ordnanceman assigned to Headquarters Battalion, said he has always looked for the most exciting and fulfilling path in life.

Sometime during his high school years, Federico said he had originally planned to attend college and pursue a job as a pediatric surgeon, but now thinks he is doing much more for his country by serving in the Navy than he would have in the medical field.

"I decided that I wanted to be in the Navy when I was fifteen or sixteen," said Federico. "As cliché as it sounds, I wanted to serve my country. I had a full ride to the University of South California for science, but being in the Navy seemed like it would be much more fulfilling."

Federico graduated high school early, just so that he could leave earlier for the Navy. At 17, Federico said he was chosen for his job in the Navy by chance. Because he had not chosen a particular career path when he first joined, he was assigned a career field that the Navy thought he was most suited for.

"I really enjoy my job. It's cool," said Federico, 25. "I could've gotten a lot of other jobs that I knew I would've dreaded to do every day, but I actually don't mind coming to work every morning with this job."

Federico has been on deployments to Afghanistan, Pakistan, Iraq, and many other countries since he has been in the Navy.

"We were actually in Afghanistan on Sept. 11, 2001. We were doing combat search and rescue missions," said the San Gabriel High School graduate. "I was in Afghanistan again from February to August of 2003. When we were there, we were doing search and rescue missions like the previous ones in Afghanistan."

Federico, a Hamit, Calif. native, said he would love to be deployed again, and that it is something he hopes to see in the future.

"I love the way being deployed makes me feel about myself," said Federico. "I liked the fact that I was part of something bigger than myself. The fact we were out there helping people is pretty cool, and it's something most people can't say they've done for their country."

Federico recalls his most memorable time in the Navy so far has been when his unit pulled into Thailand.

"In Thailand we helped build additional parts to one of their schools," said Federico. "The added sections of the school were being used to help handicapped children and give them their own part of the school."



Lance Cpl. Roger L. Nelson

Petty Officer 2nd Class Joseph Federico, Headquarters Battalion, uses a forklift to move ammunition and missiles at Base Ordnance, Marine Corps Base Hawaii, Kaneohe Bay.

"While we were there, we also volunteered to help some of the kids learn how to swim and to read, write and speak English."

Federico said that one of his strongest supporters is his wife Jill (Webster), who he married in 2003. The Californian said he and his wife are making plans to start a family.

"My wife has been a big help in my career too," said Federico. "She's very supportive, and I think she'll go along for whatever I plan on doing after the Navy."


Federico said he is unsure of what his future holds. Right now, he is undecided as to whether or not he is going to continue his Navy career.

"If I do decide to get out of the Navy, I've been thinking about returning to accomplish my dream of being a pediatric surgeon," said Federico. "I know if I did go into that field, I would be an old geezer by the time I got my degree, but I'd still enjoy my work."

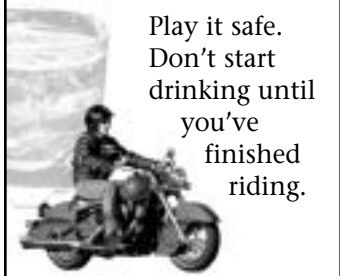
As to why Federico reenlisted, he said, "The adventure wasn't over for me yet," said Federico. "I wanted more of what the Navy had to offer, and when it stops being fun — that's when I'll leave."

"I guess I can compare it to a party. Why stay if you're not having a good time anymore?"


Here's A Sobering Thought



Even a little alcohol can affect your judgment, balance and coordination. The fact is, almost half of the riders who die in solo motorcycle crashes have been drinking.



Play it safe. Don't start drinking until you've finished riding.



(800) 446-9227
www.msf-usa.org

Avoid sickness by handling food safely

Warrant Officer 1 Budd Dodge
United States Department of Agriculture

Outdoor activities are popular with Americans nationwide. The fresh air and exercise revives the spirit and the mind. Hiking, camping and boating are all activities that can be enjoyed year long in Hawaii. In many cases, these activities last all day and involve preparing at least one meal. If the food is not handled correctly, food-borne illness can be an unwelcome souvenir.

Keep hot foods hot and cold foods cold

Whether you are in your kitchen or enjoying the great outdoors, there are some food safety principles that remain constant. The first is “Keep hot foods hot and cold foods cold.” Meat and poultry products may contain bacteria that cause food-borne illness. They must be cooked to destroy these bacteria and kept at a temperature that is either too hot or too cold for these bacteria to grow.

Most bacteria do not grow rapidly at temperatures below 40 F or above 140 F. The temperature range in between is known as the “Danger Zone.” Bacteria multiply rapidly at these temperatures and can reach dangerous levels within two hours.

If you are traveling with cold foods, bring a cooler with a cold source. If you are cooking, use a hot campfire or portable stove. For hot foods, it’s best to cook foods before leaving home, cool them, and transport them cold.

Keep everything clean

The second principle is that bacteria present on raw meat and poultry products can be easily spread to other foods by juices dripping from packages, hands or utensils. This is called cross contamination. When transporting raw meat or poultry, double wrap or place the packages in plastic bags to prevent juices from the raw product from dripping on other foods. Always wash your hands before and after handling food, and don’t use the same platter and utensils for raw and cooked meat and poultry.

Food safety while hiking and camping

You may want to hike for just a few hours, or you may want to hike for a few days. One meal and some snacks are all that’s needed for a short hike. Planning meals for a longer hike requires more thought. You have to choose foods that are light and that can be transported safely.

Hot or cold?

The first principle is to keep foods either hot or cold. Since it is difficult to keep foods hot without a heat source, it is best to transport chilled foods.

Refrigerate or freeze the food overnight. For a cold source, bring frozen gel packs or freeze box drinks. Drinks will thaw as you hike and keep your meal cold at the same time. What foods to bring? For a day hike, just about anything will do as long as you can fit it in your backpack and keep it cold — sandwiches, fried chicken — or choose non-perishable foods.

Clean

The second principle is to keep everything clean, so remember to bring disposable wipes if you are taking a day trip as water is too heavy to bring enough to cleaning dishes with.

Safe drinking water

It is not a good idea to depend on fresh water from a lake or stream for drinking, no matter how clean it appears. There is no way to know what might have fallen into the water upstream. Bring bottled or tap water for drinking. Always start out with a full water bottle, and replenish your supply from tested public systems when possible. On long trips, you can purify water found in streams, lakes and springs.

The surest way to make water safe is to boil it. Boiling will kill microorganisms. First, bring water to a rolling boil, and then continue boiling for one minute. Before heating, muddy water should be allowed to stand for a while to allow the silt to settle to the bottom. Dip the clear water off the top and boil. At higher elevations, where the boiling point of water is lower, boil for several minutes.

As an alternative to boiling water, you can also use water purification tablets and water filters. The purification tablets — which contain iodine, halazone or chlorine — kill most waterborne bacteria, viruses, and some parasites. Because some para-



sites — such as Cryptosporidium parvum, Giardia lamblia, and larger bacteria — are not killed by purification tablets, you must also use a water filter. These water filtering devices must be 1 micron absolute or smaller. Over time purification tablets lose their potency, so keep your supply fresh. Water sanitizing tablets for washing dishes can also be purchased.

What foods to bring?

If you are backpacking for more than a day, the food situation gets a little more complicated. You can still bring cold foods for the first day, but you’ll have to pack shelf-stable items for the next day. Canned goods are safe, but heavy, so plan your menu carefully. Advances in food technology have produced relatively lightweight staples that don’t need refrigeration or careful packaging. For example: peanut butter in plastic jars; concentrated juice boxes; dried noodles and soups; beef jerky and other dried meats; dehydrated foods; dried fruits and nuts; and powdered milk and fruit drinks.

Powdered mixes for biscuits or pancakes are easy to carry and prepare, as is dried pasta. There are plenty of powdered sauce mixes that can be used over pasta, but check the

required ingredient list. Carry items like dried pasta, rice, and baking mixes in plastic bags and take only the amount you’ll need.

Cooking at camp

After you have decided on a menu, you need to plan how you will prepare the food. You’ll want to take as few pots as possible. Camping supply stores sell lightweight cooking gear that nest together, but you can also use aluminum foil wrap and pans for cooking.

You’ll need to decide in advance how you will cook. Will you bring along a portable stove, or will you build a campfire? Many camping areas prohibit campfires, so check first or assume you will have to take a stove. If you are bringing a camp stove, practice putting it together and lighting it before you pack. If you build a campfire, carefully extinguish the fire and dispose of the ashes before breaking camp. Likewise, leftover food should be burned, not dumped. Lastly, be sure to pack garbage bags to dispose of any other trash, and carry it out with you.

Use a food thermometer

Another important piece of camping equipment is a food thermometer to determine when meats are done cooking and safe to eat. Color is not a reliable indicator of doneness, and it can be especially tricky to tell the color of a food if you are cooking in a wooded area in the evening.

When cooking hamburger patties on a grill or portable stove, use a digital thermometer to measure the temperature. Digital thermometers register the temperature in the very tip of the probe, so the safety of thin foods — such as hamburger patties and boneless chicken breasts — as well as thicker foods, can be determined. A dial thermometer determines the temperature of a food by averaging

the temperature along the stem and, therefore, should be inserted at least two inches into the food. If the food is thin, the probe must be inserted sideways into the food.

It is critical to use a food thermometer when cooking hamburgers. Ground beef may be contaminated with E. coli O157:H7, a particularly dangerous strain of bacteria. Illnesses have occurred even when ground beef patties were cooked until there was no visible pink. The only way to ensure that ground beef patties are safely cooked is to use a food thermometer, and cook the patty until it reaches 160 F. For chicken, cook breasts or cutlets to 170 F; legs and thighs to 180 F. Pork should be cooked to 160 F. Heat hot dogs and any leftover food to 165 F. Be sure to clean the thermometer between uses.

Keeping cold

If you are “car camping” (driving to your site), you don’t have quite as many restrictions. First, you will have the luxury of bringing a cooler. What kind of cooler? Foam chests are lightweight, low cost, and have good “cold retention” power. But they are fragile and may not last through numerous outings. Plastic, fiberglass or steel coolers are more durable, can take a lot of outdoor wear and have excellent “cold retention” power.

To keep foods cold, you’ll need a cold source. Use a block of ice as it lasts longer than ice cubes or use frozen gel packs. Pack foods in reverse order. First foods packed should be the last foods used, though there is one exception: Pack raw meat or poultry below ready-to-eat foods to prevent raw meat or poultry juices from dripping on the other foods. Take foods in the smallest quantity needed. In the car, put the ice chest in the air-conditioned passenger section, not in the trunk. At the campsite, insulate the

See SAFETY, B-7

Product dates indicate freshness, more

Warrant Officer 1st Class Budd Dodge
United States Department of Agriculture

“Sell by Oct. 14” is a type of information you might find on a meat or poultry product. Are dates required on food products? Does it mean the product will be unsafe to use after that date? Here is information which answers these and other questions about product dating.

What is dating?

“Open Dating” (use of a calendar date as opposed to a code) on a food product is a date stamped on a product’s package to help the store determine how long to display the product for sale. It can also help the purchaser to know the time limit to purchase or use the product at its best quality. It is not a safety date.

Is dating required by federal law?

Except for infant formula and some baby foods, product dating is not required by federal regulations. However, if a calendar date is used, it must express both the month and day of the month (and the year, in the case of shelf-stable and frozen products). If a calendar date is shown, immediately adjacent to the date must be a phrase explaining the meaning of that date such as “sell by” or “use before.”

There is no uniform or universally accepted system used for food dating in the United States. Although dating of some foods is required by more than 20 states, there are areas of the country where almost no food is dated.

What types of food are dated?

Open dating is found primarily on perishable foods such as meat, poultry, eggs and dairy products. “Closed” or “coded” dating might appear on shelf-stable products such as cans and boxes of food.

Types of dates

- A “Sell-By” date tells the store how long to display the product for sale. You should buy the product before the date expires.
- A “Best if Used By (or Before)” date is recommended for best flavor or quality. It is not a purchase or safety date.
- A “Use-By” date is the last date recommended for the use of the product while at peak quality. The date has been determined by the manufacturer of the product.
- “Closed or coded dates” are packing numbers for use by the manufacturer.

Safety after date expires

Except for “use-by” dates, product dates don’t always refer to home storage and use after purchase. But even if the date expires during home storage, a product should be safe, wholesome and of good quality — if handled properly and kept at 40 F or below.

Foods can develop an off odor, flavor or appearance due to spoilage bacteria. If a food has developed such characteristics, it should not be used.

If foods are mishandled, food-borne bacteria can grow and cause food-borne illness — even if the date hasn’t expired. For example, if hot dogs are left outside the refrigerator for several hours, they wouldn’t be safe if used thereafter.

Other examples of potential mishandling are products that have been: defrosted at room temperature more than two hours; cross contaminated; or handled by people who don’t use proper sanitary practices. Be sure to follow the handling and preparation instructions on the label to ensure top quality and safety.

Dating formula and baby food

Federal regulations require a use-by date on the product label of infant formula and the varieties of baby food under FDA inspection. If consumed by that date, the formula or food must contain not less than the quantity of each nutrient as described on the label. If stored too long, formula can separate and clog the nipple.

Dating of baby food is for quality as well as for nutrient retention. Just as you might not want to eat stale potato chips, you wouldn’t want to feed a baby meat or other foods that have an off flavor or texture.

The use-by date is selected by the manufacturer, packer or distributor of the product on the basis of product analysis throughout its shelf life; tests; or other information. It is also based on the conditions of handling, storage, preparation and use printed on the label. Do not buy or use baby formula or baby food after its use-by date.

What do can codes mean?

Cans must exhibit a packing code to enable tracking of the product in interstate commerce. This enables manufacturers to rotate their stock as well as to locate their products in the event of a recall.

These codes, which appear as a series of letters and/or numbers, might refer to the date or time of manufacture. They aren’t meant for the consumer to interpret as “use-by” dates.

Cans may also display “open” or calendar dates. Usually these are “best if used by” dates for peak quality.

In general, high-acid canned foods such as tomatoes, grapefruit and pineapple can be stored on the shelf 12 to 18 months; low-acid canned foods such as meat, poultry, fish, and most vegetables will keep for two to five years — if the can remains in good condition and has been stored in a cool, clean, dry place.

Dates on egg cartons

If the egg carton has an expiration date printed on it, be sure that the date has not passed when the eggs are purchased. That is the last day the store may sell the eggs as being fresh.

On eggs which have a federal grademark, such as Grade AA, the date cannot be more than 30 days from the date the eggs were packed into the carton.

As long as a carton of eggs is purchased before the date expires, consumers should be

See DATING, B-8

If product has a “Use-By Date,” follow that date. If product has a “Sell-By Date” or no date, cook or freeze the product by the times on the following charts.

Home Storage of Fresh or Uncooked Products at 40 F or below		
Product	Storage Times After Purchase	
Poultry	1 or 2 days	
Beef, veal, pork and lamb	3 to 5 days	
Ground meat and ground poultry	1 or 2 days	
Fresh variety meats		
(Liver, tongue, brain, kidneys, heart, chitterlings)	1 or 2 days	
Cured ham, cook-before-eating	5 to 7 days	
Sausage from pork, beef or turkey, uncooked	1 or 2 days	
Eggs	3 to 5 weeks	

Home Storage of Processed Products Sealed at Plant at 40 F or below		
Processed Product	Unopened, After Purchase	After Opening
Cooked poultry	3 to 4 days	3 to 4 days
Cooked sausage	3 to 4 days	3 to 4 days
Sausage, hard/dry, shelf-stable	6 weeks/pantry	3 weeks
Corned beef, uncooked, in pouch with pickling juices	5 to 7 days	3 to 4 days
Vacuum-packed dinners, commercial brand with USDA seal	2 weeks	3 to 4 days
Bacon	2 weeks	7 days
Hot dogs	2 weeks	1 week
Luncheon meat	2 weeks	3 to 5 days
Ham, fully cooked	7 days	slices, 3 days; whole, 7 days
Ham, canned, labeled “keep refrigerated”	9 months	3 to 4 days
Ham, canned, shelf stable	2 years/pantry	3 to 5 days
Canned meat and poultry, shelf stable	2 to 5 years/pantry	3 to 4 days

Word To Pass

Aloha Festivals Holds Floral Parade
Spend the day outdoors taking pictures, sitting curbside and enjoying the colorful floats and many costumed horse-riding units of the Aloha Festivals Floral Parade, Saturday, from 9 a.m.

The parade will begin at Ala Moana Park and make its way to Kapiolani Park in Waikiki.

For more details, call 589-1771 or visit www.alohafestivals.com.

**MCB Hawaii
Motorcycle Association Meeting**

To all motorcyclists. The next meeting, themed “Suspension Set-Up,” will be held Friday at Kahuna’s Ballroom at 11 a.m.

Brian Fowler from Superbikes Hawaii will be explaining and dialing in with the aid of a couple of bikes pulled from the audience, proper suspension set up for your bike. This is a must for any serious motorcycle rider.

For those who want to purchase lunch at the club, an abbreviated menu will be available during the meeting.

Remember, half the fun of motorcycling is enjoying it with other people who share the same interest, and it’s even better when you truly understand the bike you ride.

For more information, contact Mario Diprete 257-1830.

Club to Hold Household Pet Cat Show

The Hawaii All Breed Cat Club is sponsoring a championship and household pet cat show on Sept. 24 from 9:30 a.m. to 4 p.m. at the Ala Wai Golf Course clubhouse second floor ballroom.

Hawaii’s purebred and household cats will be judged by licensed Cat Fanciers’ Association judges. There will be a kitten class, championship class, premiership class for neutered and spayed cats, and a household pet class.

Attend the show and learn the differences between breeds, both in looks and in personality. Locate that special breed of cat you’ve been seeking, and talk with breeders and exhibitors about their cats or learn how you can enter your cat in the next show planned for Oct. 29.

Spectator fees are \$4 and \$3 for children under 12 and seniors 65 and older. For more details, call 262-7535.

**Explorers of Mauna Kea
Returns to Planetarium**

Visitors to the Bishop Museum Planetarium can explore the tallest mountain on Earth through the eyes of the ancient Hawaiians and the astronomers of today with the return of “Explorers of Mauna Kea.” The program is presented daily in the Planetarium at 1 p.m.

The 30-minute presentation will take planetarium-goers to the Big Island of Hawaii up the highest point in the Pacific Basin, 14,000 feet above sea level, to where astronomers use the world’s largest telescopes to study the universe. Visitors will learn about two important Hawaiian mountains, Mauna Loa and Mauna Kea and hear island legends of Pele and Poliahu that tell of how the mountains were formed.

The audience will see the telescopes of Mauna Kea and how Hawaii’s favorable weather patterns and geography make it the premiere site for many important astronomical discoveries.

The Planetarium’s two other daily presentations, “The Sky Tonight” and “Explorers of Polynesia” will remain at their current times of 11:30 a.m. and 3:30 p.m., respectively.

Admission is \$14.95 for adults; \$11.95 for youths 4 to 12, special rates for kamaaina, seniors and military; children 4 and younger as well as Bishop Museum members are admitted for free.

For more information, call 847-3511 or visit the Bishop Museum’s Web site at www.bishopmuseum.org.

**Ewa Beach to Honor
West Oahu Little League
With Parade**

The world champion little league team from West Oahu will be honored with a heroes’ parade at its hometown in Ewa Beach, Sept. 24 beginning at 3 p.m.

The West Oahu team and their managers will make their way down Fort Weaver Road, starting at Child and Family Service and ending at the Hale Pono Ewa Beach Clubhouse of the Boys & Girls Club.

The parade will be followed by a family-style party at the Boy’s & Girl’s Club and will feature entertainment and special presentations for the town heroes.

For more information or to participate in the parade, contact Sharene Saito Tam at 689-7772, ext. 237 or Sharla Montvel-Cohen at 533-4165.

**Urban and Community Forestry
Conference Scheduled**

Tree lined avenues, shady green yards and wooded lands add value to our cities and communities, but are constantly endangered by increasing urbanization.

The Outdoor Circle and Kaulunani program will host a conference to address the care of trees during all phases of construction, entitled “Design, Construction and Maintenance with Trees in Mind.” The conference takes place on Oct. 11 at the Waikiki Beach Marriott and Oct. 12 at the University of Hawaii at Manoa.

The conference will provide arborists, landscape contractors and architects, developers and other building industry professionals including “tree huggers” with a toolbox of techniques and strategies for appropriate preservation and care of trees during all phases of construction.

During Day One, national tree expert and co-author of “Trees and Development, A Technical Guide to Preservation of Trees During Land Development” Jim Clark will join local specialists in offering strategies for appropriate tree care in the midst of Hawaii’s construction boom. Clark has spent decades working with developers and also has written numerous articles dealing with urban forestry, tree growth and development and the management of trees.

Day Two will be a field day at the University of Hawaii at Manoa where experienced practitioners will demonstrate the methods and tools for detecting tree defects, offer a step-by-step process for evaluating a tree for hazardous conditions, and show various methods for protecting a tree from construction damage.

This conference and field day is presented jointly by The Outdoor Circle and the Kaulunani Urban Forestry Program and is funded by a grant from the Kaulunani Program of the Department of Land & Natural Resources Division of Forestry and Wildlife and the United States Department of Agriculture Forest Service.

For more information, or to register, call The Outdoor Circle at 593-0300.

**Bishop Museum to Hold
18th Annual Treat Street**

A spook-tacular night of fun awaits island families as the Great Lawn at Bishop Museum is transformed into Treat Street, Oct. 31 from 5:30 to 8 p.m. Costumed children of all ages will delight in safe trick-or-treating, children’s costume and coloring contests, a Creepy Crawly Roach Race, fun games, and great food.

Treat Street, a custom-designed neighborhood of colorful house fronts built by students of the University of Hawaii’s School of Architecture, will be at the center of the evening’s activities. Children under 12 are invited to gather Halloween loot as they trick-or-treat down Treat Street.

Admission is free; however, donations are welcome and will help support the Museum’s education and outreach programs that serve children and families each year. Treat Street is sponsored in part by Advantage Webco Dodge Hawaii.

For additional information, call 847-3511 or visit www.bishopmuseum.org.

The Bishop Museum is located at 1525 Bernice Street in Kalihi.

**Playground Presents Opportunity to
Play with Prehistoric Creatures**

On Oct. 9, the Bishop Museum turns into a prehistoric playground with the opening of its latest traveling exhibit, “Baby Dinosaurs: A Prehistoric Playground.” The exhibit tells the story of dinosaur development, parenting and “growing up Mesozoic” through several scenarios of robotically animated baby dinosaurs.

Watch as a pteranodon feeds her young, hear the hoots of adult and juvenile parasaurolophus as they watch over hatchlings, and see a baby tyrannosaurus rex stalk its prey. Visitors can also see and operate the inner robotic workings of a special cut-away

dino. Other playfully interactive activities include building a dinosaur out of plush blocks, creating dinosaur tracks, and digging for fossils.

Recent fossil discoveries have revolutionized our perception of dinosaur babies and parenting. “Baby Dinosaurs” depicts this concept in a fun and educational atmosphere. Designed especially for the education and enjoyment of children, the exhibit combines the charm of young dinosaurs with the message that play and parental responsibility are vital for a child’s development

The Museum celebrates this fun new exhibit as Bank of Hawaii presents Family Sunday, open at 9 a.m., with fun and exciting activities from noon to 5 p.m. on Oct. 9. Delicious food, great entertainment, and of course, dinosaurs will all be available. Admission is \$3 for kamaaina and military and free for Bishop Museum members and children 3 and younger. As a special promotion, Bank of Hawaii customers and employees get free admission for up to two people when they show their Bank of Hawaii bankcard.


“Baby Dinosaurs: A Prehistoric Playground” will be on display in the Castle Memorial Building at Bishop Museum Oct. 8 through Dec. 11.

For information, call 847-3511 or visit www.bishopmuseum.org.

ON THE MENU AT ANDERSON HALL

Today
Lunch
Ceviche
Oxtail
Pernni
Burritos
Spanish Rice
Red Beans w/Rice
Mexican Corn
Pico de Gallo
Refried Beans
Plantains

Dinner
Tacos (Ground Beef)
Chicken Enchiladas
Chili Conquistador
Burritos
Refried Beans
Mexican Rice
Mexican Corn
Green Beans Creole
Raisin Drop Cookies
Fruit Pies




Saturday
Brunch/Dinner
Roast Turkey
Chicken Cordon Bleu
Mashed Potatoes
Boiled Egg Noodles
Simmered Broccoli
Simmered Succotash
Spice Cake
w/Lemon Cream Frosting
Sugar Cookies
Fruit Pies

Sunday
Brunch/Dinner
Swiss Steak
w/Mushroom Gravy
Glazed Rock Cornish Hens
Rice Pilaf
Corn Bread Dressing
Mashed Potatoes
Simmered Corn
Southern Style Green Beans

Yellow Cake
w/Butter Cream Frosting

Monday
Lunch
Beef Stew
Baked Fish Fillets
Baked Macaroni and Cheese
Steamed Rice
French Fried Okra
Buttered Corn
Oatmeal Cookies
Fruit Pies

Dinner
Italian Veal Steaks
Braised Pork Chops, Bone In
O'Brien Potatoes
Steamed Rice
Peas w/Onions
Mixed Vegetables
Oatmeal Cookies
Fruit Pies




Tuesday
Lunch
Chicken Parmesan
Cajun Fish Fillet
Steamed Rice
Simmered Corn
Boiled Egg Noodles
Simmered Asparagus
Oatmeal Raisin Cookies
Fruit Pies

Dinner
Southern Fried Chicken
Beef Balls Stroganoff
Parsley Butter Potatoes
Boiled Egg Noodles
Simmered Pinto Beans
Club Spinach
Oatmeal Raisin Cookies
Fruit Pies

Wednesday
Lunch
Chili Macaroni
Roast Turkey
Grilled Cheese Sandwich
Mashed Potatoes
Glazed Carrots
Simmered Succotash
Brownies
Fruit Pies

Dinner
Meat Loaf
Pork Ham Roast
Mashed Potatoes
Tossed Green Rice
Cauliflower Combo
Broccoli w/Cheese Sauce
Brownies
Fruit Pies



Thursday
Lunch
Salisbury Steak
Barbecue Chicken
Rice Pilaf
Oven Browned Potatoes
Corn on the Cob
Simmered Peas and Carrots
White Cake
w/Lemon Cream Frosting
Fruit Pies

Dinner
Beef Yakisoba
Orange Chicken
Fried Rice
Steamed Rice
Simmered Broccoli
Fried Cabbage w/Bacon
White Cake w/Lemon Cream Frosting
Fruit Pies

SAFETY, From B-4

cooler with a blanket, tarp or poncho. When the camping trip is over, discard all perishable foods if there is no ice left in the cooler or if the gel pack is no longer frozen.

Cleanup

When washing dishes or cookware outdoors, follow these rules. Use biodegradable camping soap sparingly and keep it out of rivers, lakes, streams and springs, as it will pollute. Dump dirty, soapy water on dry ground, well away from fresh water. Some wilderness campers use baking soda to wash their utensils. Pack disposable wipes for hands and quick cleanups.

Food safety while boating

Keeping food safe for a day on the boat may not be quite as challenging as for a hike, but when out on the water, the direct sunlight can be an even bigger food safety problem. Remember the danger zone? It is true that bacteria multiply rapidly at warm temperatures, and food can become unsafe if held in the danger zone for more than two hours? Above 90 F, food can become dangerous after only one hour. In direct sunlight, temperatures can easily climb higher than that.

Keep your cooler cool

A cooler for perishable food is essential. It is important to keep it closed, out of the sun, and covered, for further insulation. Better yet, bring two coolers: one for drinks and snacks, and another for more perishable food. Pack your coolers with several inches of ice, blocks of ice, or frozen gel-packs. Store food in watertight containers to prevent contact with melting ice water.

Keep cold foods cold

Perishable foods should be kept in a cooler. Remember the rule: hot foods hot; cold foods cold? And the two-hour rule: no food should be in the danger zone for more than two hours? Unless you plan to eat that bucket of fried chicken within two hours of purchase, it needs to be kept in a cooler. For optimum safety, consider buying it the night before, refrigerating it in a shallow container and then packing it cold in a cooler.

If you don't have an insulated cooler, try freezing sandwiches for your outing. Use coarse-textured breads that don't get soggy when thawed. Take the mayonnaise, lettuce and tomato with you to add at mealtime. In a pinch, a heavy cardboard box lined with plastic bags and packed with frozen gel packs or ice will keep things cold until lunchtime. Freeze water in milk cartons or plastic water bottles for your cold source.

Seafood

If you are planning to fish, check with your fish and game agency or state health department to see where you can fish safely, then follow these guidelines:

Finfish: Clean fish as soon as they're caught. Live fish can be kept on stringers or in live wells, as long as they have enough water and enough room to move and breathe.

Wrap fish, both whole and cleaned, in water-tight plastic and store on ice.

Once home, eat fresh fish within one to two days or freeze them. For top quality, use frozen fish within three to six months.

Shellfish: Crabs, lobsters, and other shellfish must be kept alive until cooked.

Crabs and lobsters are best eaten the day they're caught.

Live mussels and clams should be cooked within four to five days.

For more details, visit the U.S. Department of Agriculture at www.fsis.usda.gov.

DATING, From B-5

abe to use all the eggs safely in three to five weeks after the purchase date.

UPC or bar codes

Universal Product Codes appear on packages as black lines of varying widths above a series of numbers.

They are not required by regulation, but manufacturers print them on most product labels because scanners at supermarkets can “read” them quickly to record the price at check-out.

Bar codes are used by stores and manufacturers for inventory purposes and marketing information. When

read by a computer, they can reveal such specific information as the manufacturer’s name, product name, size of product and price.

Storage times

How long can the consumer store the food and still use it at top quality? Follow these tips for the safe use of

products:

- Purchase the product before the date expires.
- If perishable, take the food home immediately after purchase and refrigerate it promptly. Freeze it if you can’t use it within times recommended on chart.
- Once a perishable product is

frozen, it doesn’t matter if the date expires because foods kept frozen continuously are safe indefinitely.

- Follow handling recommendations on product.

For more information, visit the United States Department of Agriculture site at www.fsis.usda.gov.

MARINE MAKEPONO

HAWAIIAN FOR “MARINE BARGAINS”

Autmobiles

’85 Nissan 300ZX, mechanic’s dream, 110k miles, Wet Okole seat covers, great stereo w/subwoofers, in good condition but needs repairs: no brakes, rear lights won’t shut off — otherwise, runs great. Deploying and don’t have time to fix. Asking \$500 or best offer. Call 261-7252.

’03 Chevy Tahoe, white, 23k miles, third-row seating, rear A/C, automatic seat and windows, five year/100k miles transmission warranty. Asking \$27,000 OBO. Call 358-7638.

Miscellaneous

Boat for sale, 2000 Seaswirl, 21-ft. cutty cabin, purchased new March 2002 with three-year factory warranty, 2001 Yamaha 115 w/warranty, many extras. In exceptional condition. Asking \$23,000. Call 254-5015.

One-man kayak, Ocean kayak in excellent condition. Asking \$350. Call 262-8789.

Remodeling sale, 16” x 26” medicine cabinet, \$25; bathroom sink/counter with faucet, \$50; two 18” fluorescent light fixtures, \$25; 72” double basin stainless steel kitchen or fish-cleaning sink with sides, \$150; 12-cup coffee maker and ironing board, \$8 each. Call 262-8789.

Sony PlayStation 1 system, with controllers, joystick, memory card and nine games. Asking \$100. Call 262-8789.

Ads are accepted from active duty and retired military personnel, their family members and MCB Hawaii civil service employees.

*Ads are free, but should consist of no more than 20 words. Ads will appear in two issues of the **Hawaii Marine**, on a space available basis. Those interested in advertising must bring a valid DoD-issued ID to the **Hawaii Marine** office.*

The deadline for submitting ads is 4 p.m. the Friday of the week prior to publication.

Forms may be filled out Monday through Friday between 7:30 a.m. and 4 p.m. at the MCB Hawaii Public Affairs Office, located in Building 216 aboard Kaneohe Bay.

Makepono may be used only for noncommercial classified ads containing items of personal property. Ads must represent incidental exchanges, not of a sustained business nature, which are run on a first-come, first-served basis.

To renew an ad or for more information, call the Hawaii Marine office at 257-8836 or 257-8837.



Boating safety tips

- Always wear a life jacket.
- Avoid alcohol.
- Be especially careful on personal watercrafts.
- Enroll in a boater education class.
- Don’t overload your boat.
- Operate at a safe speed.
- Always have a passenger serve as a lookout in addition to the operator.
- Watch out for low water areas or submerged objects.